

# REFERENCE PAPERS

SINFORMATION DIVISION OTTAWA - CANADA .

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# NOTES FOR THE GUIDANCE OF STUDENTS CONSIDERING UNIVERSITY STUDY IN CANADA

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(Prepared by the Association of Universities and Colleges of Canada)

degrees. Students obtain a B.A. degree after an eight-year This paper, which complements Reference Paper 106, is directed to students from other countries who are contemplating university study in Canada. It is designed to provide factual information about Canadian universities and advice about Canada and life as a student at a Canadian university.

# Choosing a University

Among the factors to be considered in selecting a university are these: courses of study, admission requirements, opportunities for study, language of instruction, location, size of institution, etc. Brief notes on these matters follow.

# (a) COURSES OF STUDY Bachelor's Degree

Most English-language students enter the university after completion of from 11 to 13 years of elementary and secondary schooling. Courses lead, in from three to five years, to a bachelor's degree in arts, pure science, and such professional fields as engineering, business administration, agriculture, and education. Those in law, theology, dentistry, medicine, and some other fields, are longer, in most cases requiring for admission completion of all of a first-degree course in arts or science.

In the majority of English-language universities, an undergraduate in arts or science may study either for a general (or pass) degree, or for an honours degree. A student studies from four to six (generally five) subjects each year. The honours degree programme normally involves an additional year of study and is open only to those with this standing. It requires greater concentration upon one or two subjects. To obtain his degree, an undergraduate

student writes an examination each year in each subject he has studied. Pass standing is required before he is admitted to the following year. Passing the examinations of the final year entitles him to his degree, providing his standing in all years of the course is satisfactory. In some courses, especially honours courses, there may be comprehensive examinations in the final year covering the work of the last two or three years. In most universities, the bachelor's degree is awarded with first-class, second-class, or pass standing.

In the French-language institutions, courses leading to the bachelor of arts degree (B.A.) are usually offered at the classical colleges. These colleges, each of which is affiliated to one of the major French-language universities. are generally residential and restrict their enrolment to young men or to young women. The parent university exercises control over the programme of the colleges and confers the degrees. Students obtain a B.A. degree after an eight-year course, of which the first four years are at the secondary level and the last four constitute the "cours collégial". The degree they earn is a general degree: little specialization is available. A bachelor of arts degree is a prerequisite for admission to the study of medicine, law, theology, social sciences (Laval), pharmacy and dentistry at French-language universities. Students may enter courses leading to the bachelor's degree in engineering, commerce, science, education, physical education, forestry, agriculture, nursing, and social sciences (Montreal) direct from secondary school.

# Advanced Study

Students who wish to study for an advanced degree must have obtained a bachelor's degree. The minimum time required for the second degree, the master's, is two years of study beyond the general bachelor's degree or one year of study beyond the honours bachelor's degree. The student is required to follow lectures in a specific number of subjects and, normally, to prepare a thesis. A satisfactory level of attainment is required in examinations on the subjects studied and also in the thesis. This emphasis on lectures, or "course work", distinguishes graduate study in Canada from that in many other countries.

The minimum time necessary for study towards the doctorate (Ph.D. or equivalent) is two years beyond the master's degree or three years beyond the honours bachelor's degree. However, a small number of students complete the degree programme in the minimum number of years. Students may often find that they will be asked to take a preliminary year of study before being given official status as candidates for the degree of their choice. This year may, in some cases, be regarded as a trial period and be counted as a year of study toward the degree. In other cases, it may be considered as additional to the years of study normally required.

In addition to a thesis, required studies for a doctoral degree include formal class-work -- lectures, seminars, and written examinations. There will generally be an oral examination upon the thesis. The thesis must be a significant contribution to the field of study. The work of a post-graduate student is carried out under the supervision of a member of the professorial staff.

## (b) ADMISSION REQUIREMENTS

The admission requirements of Canadian universities vary from province to province. Most universities state their requirements for admission to first-degree courses in terms of the certificate of completion of secondary schooling issued by the department of education of the province in which they are located. As a general rule, they treat equivalent certificates from other countries as qualification for entrance.

Admission to university in Canada may be at one of two levels: junior matriculation or senior matriculation. Eligibility for admission at the senior-matriculation level generally involves one year of secondary-school study beyond the junior-matriculation level. Some universities accept students with junior matriculation, while others require senior matriculation as a minimum entrance requirement. A detailed listing of the requirements for admission to first-degree courses in more than 30 universities is published each year in an appendix to the Commonwealth Universities Yearbook. A reprint of this appendix, entitled Admission Requirements of Canadian Universities, is available for 25 cents from the Association of Universities and Colleges of Canada, 75 Albert Street, Ottawa 4, Ontario. The calendars of the universities, which can be obtained from the university registrars, contain the official detailed statements of their requirements.

Admission of students from outside Canada is a matter to be decided by the individual universities concerned. Evidence of facility in the language of instruction is required. Since a great deal of correspondence may be necessary before a student from another country is accepted at a Canadian university, application should be made well in advance of the session to be attended, preferably 12 to 18 months. Applications for admission should be addressed to the registrar of the university. Names and addresses of Canadian universities and colleges appear in Reference Paper 106.

# Restriction on Admission

Some Canadian universities are having to place restrictions on their enrolment. Students may, therefore, find it difficult to obtain admission to the university of their first

<sup>1</sup> Universities in British Columbia, New Brunswick, Newfoundland, Nova Scotia, Prince Edward Island, Quebec and some universities in Ontario (Assumption, Carleton, Ottawa).

choice. They may find it particularly difficult to obtain admission to the fields of medicine and dentistry because of the shortage of places in these courses. All students will be required to provide proof of a satisfactory level of achievement in their studies before application for admission.

## Language Tests

English: All Canadian universities require evidence of language proficiency, but not all of them require a test. Consequently, a student should not take a test until invited to do so by a Canadian university which has found him otherwise qualified for admission.

The tests now in use are the following:

- (1) The English proficiency test administered in many parts of the world by the University of Michigan, Ann Arbor, Michigan, U.S.A. This can be taken at any time and results provided within six weeks of application.
- (2) The test leading to the certificate of proficiency in English of the University of Cambridge. This is given only twice a year, in March and October. Information may be obtained from the local centre of the British Council or from the Secretary (Examinations in English), 47 Bateman Street, Cambridge, England.
  - (3) The Test of English as a Foreign Language (TOEFL) of the Education Testing Service of Princeton, N.J., U.S.A.

If a student is coming to Canada under s scheme sponsored by the Canadian Government, the fee for the language test will be refunded after his arrival at a Canadian university.

French: Tests of facility in the French language may be required of candidates wishing to enter French-language universities.

# Foreign Certificates Accepted

Britain: It is the common practice for Canadian universities to treat the British General Certificate of Education as equivalent to junior matriculation when all passes are at the ordinary level (five passes in appropriate subjects are generally considered sufficient) and as equivalent to senior matriculation when two (sometimes three) subjects have been passed at the advanced level.

Commonwealth: Students from Commonwealth countries will usually be considered eligible for admission to a Canadian university if they have the standing prescribed for admission to a university in their own country as outlined in the Commonwealth Universities Yearbook. The Cambridge Overseas School

Certificate and the Cambridge Higher School Certificate, commonly achieved in countries of the Commonwealth outside Britain, are usually treated as equivalent to junior or senior matriculation respectively, provided that the selection of subjects and level of attainment are appropriate.

United States: Graduation from a United States high school is generally equated with junior matriculation, provided that the selection of subjects and level of attainment are appropriate. Completion of one year of college work beyond high-school graduation is frequently accepted by universities requiring senior matriculation for admission. A statement from the high-school principal recommending the student for admission to university is often required. The following universities are at present (1965) using College Entrance Examination Board Tests as criteria for admission; Acadia, Alberta, Bishop's, Dalhousie, McGill, St. Francis Xavier, Sir George Williams, and Waterloo Lutheran.

Europe: Students who have completed requirements for admission to a European university are generally deemed eligible for admission to a Canadian university at senior-matriculation level. Special written and oral tests of facility in English or French may be required.

Middle East, Asia, South America, and Non-Commonwealth African Countries: Applicants from countries in these areas must produce evidence of having passed a widely-recognized examination such as the British G.C.E., the U.S. College Entrance Examination Board Tests, bacillerato universitario or other examinations which would admit them to university in their own country.

## (c) OTHER POINTS TO BE CONSIDERED

Accreditation: There is in Canada no official accrediting agency to compare with those to be found in the United States. The nearest an institution comes to being approved in Canada is to be accepted as a member of the Association of Universities and Colleges of Canada. Since 1944, this Organization has required that universities or colleges applying for membership should have adequately high admission standards, a staff competent to give the courses offered, and adequate library and laboratory facilities. In June 1965, 50 universities and colleges were members.

Language of instruction: In Canada, instruction in universities and colleges may be in English or French or in both. Students applying for admission must have a sufficient knowledge of the language of instruction.

Size: A large university generally provides a wider variety of courses and more extensive library facilities than are to be found at a smaller institution. The latter, however, may offer greater opportunities for the student to get to know his instructors and the atmosphere may be more personal.

Reputation: Certain Canadian institutions are better known outside Canada than others. A student would be unwise, however, to base his selection on this factor alone. Before reaching a decision, he or she should become familiar with the facilities of other universities. In recent years an increasing number of Canadian universities have greatly expanded their programmes and facilities.

Location: Most Canadian universities are located in or near cities. The choice of a university may be influenced by the size of the city and the climate of the area in which it is located.

Staff: Graduate students may wish to study under a particular professor who is a specialist in their field of interest. Lists of staff are printed in the university calendars and in the Commonwealth Universities Yearbook. Sometimes members of staff will be away on leave of absence; students should, therefore, inquire whether they will be able to study under a particular professor.

Fees and costs: The total cost of a degree programme may be more at one institution than at another because of the differences in tuition fees and living costs.

Recognition of Canadian degrees: Degrees from Canadian universities are usually recognized as equivalent to degrees obtained in universities of the Commonwealth or the United States. Students coming to Canada from other countries would be wise, before leaving their home countries, to inquire about the recognition given to Canadian degrees at home.

# How to Apply

Applications for admission to a Canadian university should be addressed to the registrar of the appropriate institution. For addresses of Canadian universities and colleges, see Reference Paper 106.

Students applying for Canadian Government awards under the Commonwealth Scholarship and Fellowship Plan, the Colombo Plan, the Special Commonwealth Africa Aid Programme (SCAAP), the Commonwealth Caribbean Assistance Programme, or the Programme for the Independent French-speaking African States, should not apply direct to a Canadian university.

When advised to do so by a university, a student should supply or arrange for the following to be supplied: a detailed statement of his academic record, together with certified copies of his secondary-school certificate and official transcripts of records of all university or other post-secondary education. Certified copies of originals should always accompany translations, of documents. A student should ensure that the certificates which he submits contain detailed statements of courses taken and marks or grades obtained.

Copies of university calendars, listing courses, admission requirements and general information, may be obtained from the university registrars.

## Financing University Study

## (a) FEES AND COSTS

Attendance at a Canadian university is expensive. No student should come to Canada unless he has, or will have, sufficient funds to enable him to complete his university studies. See Appendix III for recent exchange rates.

The major items of expenditure for a student are tuition fees, room and board. Tuition fees range from \$450 to \$600. Room and board might cost between \$100 and \$125 a month.

When you have selected a university for your studies and your degree programme, you should make up a budget of your probable expenditure. An example of a budget, based on costs 1965-66, appears below.

You should not expect that your own expenditure will tally with those listed; this budget is included simply to guide you in compiling one of your own. It is likely also that costs will increase from year to year. When you write to a Canadian university for admission you should ask for specific information about expenses at that university (e.g. tuition fees, the cost of room and board and expected daily travel costs).

# Example of budget for an undergraduate student 1965-66 (for 12 months)

|  | \$            |
|--|---------------|
| Fees                                   | 450 - 600     |
| Books and instruments2                 | 50 - 100      |
| Room and board                         | 700 - 900     |
| Clothes, health, etc.<br>Entertainment | 225           |
| Entertainment                          | 225           |
| Travel                                 | 100           |
| Other expenses                         | 150           |
|  | 1,900 - 2,300 |

## (b) FINANCING HIGHER EDUCATION

Universities in Canada seldom have funds available to assist students from other countries to come to Canada for undergraduate study. There may be a limited number of awards for which you will be eligible to apply, in competition with Canadian students,

<sup>(2)</sup> Expenses for books and instruments may be higher in certain professional fields.

in your second year. There are also opportunities at some universities to obtain awards for graduate study, including teaching fellowships and assistantships. Information about these can be obtained from the university registrar.

Brief information about the major programmes which assist students from other countries to come to Canadian universities for study, in most cases at the graduate level, is given below.

## Government Programmes

COMMONWEALTH SCHOLARSHIP AND FELLOWSHIP PLAN

Field of study: unrestricted.

Value: covers tuition, maintenance, books or

equipment, medical expenses, travel, and contribution towards wife's support if she accompanies the student to Canada.

Duration: Normally two years and the intervening

summer.

Conditions: Citizens of Commonwealth countries who

hold a bachelor's or master's degree; in exceptional cases available for under-

graduate study.

Students under 35 years of age; age limit

may be raised in special circumstances.

Apply: National agency in student's home country

or to Commonwealth Scholarship and Fellowship Committee, Association of Universities and Colleges of Canada, 75 Albert Street, Ottawa 4, Canada, for further information.

NATIONAL RESEARCH COUNCIL OF CANADA POSTDOCTORAL FELLOWSHIPS

Field of study: sciences, mathematics, engineering.

Value: \$6,000.

Duration: one year, renewable.

Conditions: applicants must hold a doctoral degree and

must be under 35 years of age.

Apply: Awards Officer, National Research Council,

Ottawa 2, Canada.

CANADIAN GOVERNMENT EXTERNAL AID PROGRAMMES

In addition to the above, the Canadian Government assists students from other countries to come to Canada to study under the Colombo Plan, the West Indies Programme, the Commonwealth Technical Assistance Programme, and the Special Commonwealth Aid to Africa Programme. Students are nominated for these awards by their own governments.

## Non-Government Programmes

AFRICAN STUDENTS FOUNDATION SCHOLARSHIPS

Field of study: unrestricted.

Value: varies according to need ...

Duration: not specified.

available to students from Africa Conditions:

for undergraduate or graduate

study.

African Students Foundation, Apply:

341 Bloor Street West, Toronto 5.

Canada.

WORLD UNIVERSITY SERVICE OF CANADA SCHOLARSHIPS

depends on the sponsoring Field of study:

university, awards are presently available at University of Alberta, University of British Columbia. McGill University, University of Manitoba, University of New Brunswick,

and University of Saskatchewan.

from \$1,500 to \$2,000 according to Value:

university.

Duration: one academic year.

generally awarded for post-graduate Conditions:

study.

National WUS Committee in student's Apply:

> home country or to Assistant Secretary. World University Service of Canada, 328 Adelaide Street West, Toronto 2B.

Ontario.

## (c) EMPLOYMENT

Students from other countries will be permitted to enter Canada only if they can produce evidence before entry that they have or will have sufficient funds to cover the costs of their first year in Canada. This means, among other things, that they cannot expect to finance themselves by paid employment in Canada.

Students may seek work during the summer months to gain practical experience in the subject they are studying, or to fulfil the demands of their study programme where that calls for practical training; when employment conditions in Canada permit, employment which is not related to their course of studies may be permitted. Before accepting employment, permission should be obtained from the local immigration office in Canada.

Wives of students from other countries may be given permission to work in Canada, if the authorities are satisfied that they would not be depriving residents of work. A student must nofify the immigration officer if his wife wishes to work or take a training programme in Canada.

## (d) TAXATION

Since you are normally resident outside Canada, you will have to pay income tax only if you receive income from Canadian sources. Income from scholarships and bursaries is generally exempt from taxation, except where services are required under the conditions of an award. You are not liable to income tax unless you earn more than \$1,100 in any calendar year.

If you are resident in Canada for less than a full calendar year, this basic exemption will be proportionate to the length of your stay.

If you earn more than \$1,100 you may claim exemption for tuition fees in addition to the basic \$1,100 exemption.

## LIFE AT A CANADIAN UNIVERSITY

## (a) WHERE TO LIVE

You should keep the local immigration officer and the university registrar informed of your address at all times. If you wish to do so, you may ask the university registrar, dean, chaplain, or foreign-student adviser to allow you to have your mail from home addressed in his care until you have found lodgings. You may also find it useful to have money sent in his care, or that of the business officer, until you have opened a bank account.

Residences: In Canada, university buildings and residence halls are generally grouped in one area, called the "campus". In addition to bedrooms, residences usually have dining rooms, and living rooms for study and relaxation. Students from outside Canada would be wise to seek accommodation in a university residence, since this will give them an opportunity to get to know their fellow students. Students in residence, however, are subject to certain rules and regulations imposed by the university administration. Reservations for places in residence should be made well in advance of arrival; requests should be addressed to the university registrar.

Rooming houses: Since at most universities there are not sufficient residences to accommodate all students, many live in rooming houses away from the campus. Most universities maintain a housing service which provides students with a list of places where rooms may be rented. In some cases both room

and board are provided at a weekly or monthly rate (about \$20 a week); in others, room only is provided (about \$10 a week), and the student may have cooking facilities to prepare his own meals or may eat at restaurants or in the university dining hall. If a student pays rent by the week, one week's notice only will be required if he wishes to move.

Apartments: If a student is bringing his wife or family with him to Canada, he may wish to rent an apartment with one or two bedrooms. Apartments are normally supplied with a refrigerator and stove. Rent generally includes the cost of heating, and in some cases of electricity. It is often necessary to sign a lease for a year or more when renting an apartment, and landlords may require one month's rent in advance. A lease should be read carefully before it is signed, and, if necessary, advice should be sought from the foreign students' adviser or student personnel officer at the university. Flats are more economical. They usually have a shared bathroom.

## Temporary Accommodation

Young Men's Christian Association (YMCA) and Young Women's Christian Association (YWCA): Single men and women can usually find temporary accommodation in a YMCA or YWCA, where rooms are less expensive than in a hotel. If is often convenient to reserve a room for a night or two on arrival until one has time to find other accommodation. In some cases it may be necessary to share a room. Accommodation for one night will cost about \$3.50.

Hotels: In most hotels in Canada, the price quoted for accommodation is for the room only and meals are not included. A single room with bathroom costs about \$8.00 a day or more. Rooms can be reserved by telephone or letter, but will not be held beyond the day you say you will arrive. There is a specified checking-out time by which rooms must be vacated; arrangements can always be made for baggage to be looked after or "checked" until a guest is ready to depart. Failure to observe the checking-out time will involve a charge for an additional day.

Students may encounter some difficulty on occasion in obtaining accommodation. In every country there can be found individuals who practice discrimination based on religion, race, language, money or education. If a student has the misfortune to encounter any form of discrimination in Canada, it should be reported to the university authorities.

## (b) HEALTH INSURANCE

Medical and hospital care in Canada is very expensive.

It is, therefore, important that all students should take out accident and sickness insurance for themselves and their dependents. Students coming to Canada under a government—sponsored programme, such as the Commonwealth Scholarship and Fellowship Plan, will be covered under the terms of their scholarship. Other students would be well advised to take out insurance

under the plan offered by the Canada Health and Accident Assurance Corporation, which was designed for students from other countries, or under local arrangements sponsored by the university. A student who has made the necessary payments will be covered by provincial hospital insurance plans after three months' residence in Canada. Immediately upon arrival, university officials should be consulted for more information and advice. It is also wise to seek advice if one wishes to take out life insurance.

All Canadian universities have a student health service. If the diet in Canada upsets you, you should seek advice from the service. If you need more treatment than the service can provide, you should ask to be referred to a reliable physician.

## (c) SOCIAL LIFE

At most Canadian universities the students elect a representative council which is in charge of a wide range of social and recreational activities. You will usually find social, intellectual, political and literary clubs on campus. Sports generally include football (North American style), soccer, ice hockey, skiing, swimming, and basketball.

At many universities there are clubs for students from particular countries and general foreign-student organizations. These provide an excellent opportunity for you to meet your fellow countrymen and other foreign students, but it would be unfortunate to immerse yourself in them to the extent that you do not participate in student life generally.

Canadian students are not always ready to take the initiative in getting to know students from other countries. You should not, therefore, have any reservations about making the first move in getting to know your fellow students.

# (d) VACATIONS

The academic year in Canada runs from the end of September to the following April or May. There are four months in the summer when undergraduate students will no longer have lectures to attend. Graduate students may normally expect to be occupied throughout the summer on their studies and research. Usually students will be able to obtain permission from the immigration authorities to accept summer employment. Other students may wish to travel and see something of Canada during this time or to take summer courses at the university.

Special conditions apply to students who come to Canada under Canadian government-sponsored programmes, such as the Commonwealth Scholarship and Fellowship Plan. Information about these conditions will be supplied to the students concerned.

Summer courses: Many Canadian universities offer six-week summer schools during July and half of August. Both credit and non-credit courses are offered. Special language programmes are available in some universities, and students from other countries may find these particularly useful. A leaflet listing these courses, Summer Courses in Canada, is available free of charge from the Canadian Government Travel Bureau, Ottawa, Canada.

## TRAVEL TO CANADA

## (a) IMMIGRATION REQUIREMENTS

Foreign students, who do not wish to live permanently in Canada, enter the country as temporary residents (non-immigrants), and require some or all of the following documents:

- (1) Passport: Required by all foreign students except citizens and, in some circumstances, legal permanent residents of the United States. A student must leave Canada at least three months before the expiry date on his passport unless it has been renewed or revalidated.
- Visa: Required by all students except British subjects, citizens of Commonwealth countries, citizens of Ireland and France, citizens and legal permanent residents of the United States and persons born in countries of North, South or Central America or adjacent islands who are coming to Canada direct from those countries or islands. Visas are obtained abroad from diplomatic, consular, or immigration officials of the Canadian Government or from representatives of the British Government in countries where there is no Canadian representation.
- (3) Vaccination certificate: Evidence of having had the disease of smallpox or having been vaccinated within three years of arrival is necessary for students from most countries except the United States and certain other American countries.
- (4) Medical clearance: Any student other than a citizen or permanent resident of the U.S.A. contemplating a cumulative stay in Canada of one year or more requires a complete medical examination, including a chest X-ray, notwithstanding that his stay on any single occasion may be less than one year. This also applies to accompanying dependents. A doctor's certificate of good health is not enough. In the majority of cases, the student pays for his own examination and X-ray.
- (5) Letter of acceptance from a Canadian university.
- (6) Proof of availability of sufficient funds for at least the first year of studies.

- (7) Proof of return passage or ability to finance this.
- (8) Letter of sponsorship: If a student is financed by an organization, he will require a letter from the sponsoring organization outlining the extent and conditions of the support to be provided.
- (9) Student entry certificate: Issued to all students by immigration officers on admission to Canada.

A pamphlet describing in detail immigration requirements and containing notes of guidance to students from other countries is available from Canadian immigration offices, Canadian embassies, high commissioners offices, consulates, and British consular offices, or from the Immigration Branch, Department of Citizenship and Immigration, Ottawa, Canada. Local immigration officers will be ready to give advice and help.

Students who wish to bring their dependents with them to Canada must realize that their dependents will be required to meet the foregoing requirements, with the exception of Items 5 and 8. A student must notify the immigration officer if his wife wishes to work or take a training programme in Canada.

## (b) TRAVEL

Transportation: When you have been accepted at a Canadian university, you should arrange for your journey to and from Canada through a travel agency, transportation company or student organization. If you are fortunate enough to have won a scholarship or other award which includes the cost of travel, arrangements will generally be made for you. You should make sure that your ticket covers transportation right through to the city where the university is located and that your return ticket will be valid at the time you plan to return home. If you travel by plane, you may arrange with a shipping and forwarding agency to send your heavy baggage by ship.

All travel arrangements should be made well in advance of your departure. You should arrange to arrive at the university on or slightly before the date specified and register at the specified time.

Arrival in Canada: On arrival in Canada, a student should have with him approximately \$50 in Canadian currency. This will be required for immediate expenses. Some of this currency should be in \$1 and \$5 bills, with a small amount in change, 25-cent pieces (quarters), 10-cent pieces (dimes) and 5-cent pieces (nickels).

If you have made arrangements with an organization in Canada to be met on arrival, you should contact the organization if any changes have to be made in your arrangements.

Between September 1 and 30, the Canadian Service for Overseas Students and Trainees (CSOST) operates a special "Overseas Students Reception Desk" at the airports of Montreal, Toronto and Vancouver. Its representatives, on duty from 9.00 a.m. to midnight, will be wearing armbands with the words "Overseas Students - Reception - Etudiants d'Outre-mer".

If you arrive at an airport and there is no one there to meet you, you may travel into the city by airport bus or airport limousine. This is much less expensive than hiring a taxi.

If you are travelling by boat and wish to be met, it is recommended that you should write to CSOST, 338 Somerset Street West, Ottawa 4, Canada, at least one month before you arrive to give the name of the boat, class of passage, the port and date of your arrival in Canada. After landing at a seaport, you may need to travel from the pier to the railway station, bus station or hotel by taxi. Generally, the taxi-fare is registered on a meter and fares are charged at a fixed rate according to the distance travelled, with an additional charge for heavy pieces of luggage, such as trunks.

Travel in Canada: Most bus, railway and airport terminals have an information counter where timetables are given out free and information can be obtained. If you wish to insure your baggage, you should make inquiries at the information counter.

Bus travel: Bus travel is the least expensive but the slowest means of transportation. You are allowed to take 150 pounds of baggage free on each ticket.

Railway travel: Trains in Canada run on Standard Time, whereas, during the summer, many parts of Canada are on Daylight Saving Time, which is one hour ahead. When you buy your ticket for a train journey during the summer you should make sure at what time according to the city time the train departs or arrives. This may save you considerable confusion. There are seven time zones in Canada: Newfoundland, Atlantic, Eastern, Central, Mountain, Pacific and Yukon Standard Time. Travelling from east to west you set your watch back; from west to east you set your watch ahead. Railroads allow 150 pounds of baggage free on each ticket. Baggage may be sent in advance, in which case you will receive a numbered ticket with which you can reclaim it on arrival. The least expensive form of travel by train is by day coach. To buy sleeping accommodation, you must have a firstclass or tourist ticket. There are various types of sleeping accommodation; the least expensive is an upper berth. Passengers usually tip sleeping-car porters at least 50¢ a night. Most trains have a dining car where hot meals are served. Many also have a coffee shop or dinette for light meals. The charges are high on trains for full meals.

Air travel: There are good plane connections to all the larger cities in the country. Usually two types of fare are available, first-class and economy; economy fares are considerably cheaper. All fares include the cost of meals served in the plane and there is no tipping involved. Transportation to the airport by airport limousine or bus will generally cost between \$1.00 and \$1.50. You should inquire at the airline office concerning this service. Passages should be booked a week or so in advance and reservations for return flights must be confirmed or cancelled at least six hours before flight departure time.

Local transportation: Buses and street cars are the ordinary means of transportation in the main cities. Usually you enter by the front door and pay your fare to the operator. There is generally a standard charge for travel anywhere within the city, and the individual fare will be cheaper if a number of tickets are purchased at a time. In some cities it is possible to transfer from one bus route to another to reach your destination, in which case you should ask the operator of the bus for a transfer ticket when you pay your fare.

Vacation travel: Special excursion fares for university students are available for travel by plane, train or bus during vacations.

## LIVING IN CANADA

## (a) LOCATION

Canada occupies the entire northern part of the North American continent with the exception of Alaska and Greenland and is territorially the second largest country in the world. It stretches from the Atlantic to the Pacific Ocean, and from the Arctic Ocean in the north to the United States border in the south, and has a population of over 18 million.

## (b) CLIMATE

The climate in Canada varies greatly from region to region, but generally is one of extremes. In British Columbia summers are long and winters mild, while in most of the other provinces the summers (June-September) are very hot and the winters (November-March) very cold. When you are considering study at a Canadian university, you should make inquiries about the climate of the particular area in which that university is located. Buildings are heated in cold weather.

## (c) PEOPLE

Canada is a country of two main languages and cultures - English and French. Banknotes, stamps, government documents, and packages containing common household goods are printed in both languages. In addition to Canadians of British and French ancestry, many other nationalities, mainly European, are represented among the Canadian people.

There is a great diversity of religious beliefs in Canada, but the majority of the population is Christian. Many other beliefs are represented and worshipping facilities for those of other faiths can be found in some Canadian cities.

## (d) GOVERNMENT

Canada has a parliamentary form of government, similar to the British system. There are ten provinces, each of which is administered by a provincial government. The provinces are responsible for such matters as health, education and municipal institutions. Matters concerning the country as a whole, such as defence, trade, banking and transportation, are handled by the Federal Government. There are four political parties represented in the federal House of Commons: Liberal, Progressive, Conservative, New Democratic and Social Credit.

## (e) BANKING

It is not wise to carry more than about \$20 in currency with you, or to leave large sums of money in your room. It is easy to open a bank account in Canada and this is the safest way to keep your money. Cheques are generally used for major payments and money required for day-to-day expenditures can easily be withdrawn from a bank account. Bank assistants will be ready to give you advice and help in opening an account. When travelling, use travellers' cheques, which can be cashed in panks, hotels, trust company offices, and most stores.

## (f) HIRE PURCHASE (INSTALMENT BUYING)

Some Canadians buy things by hire purchase or deferred payments. Do not sign any agreement or pay any deposit until you have had advice from a university official on these matters.

# (g) FOOD

Outside the university, there are restaurants, coffee shops, cafeterias and lunch counters where meals can be obtained.
Cafeterias are cheaper than restaurants. Lunch counters can be found in drug stores (chemists' shops) and sometimes in department stores and small shops. Snacks, such as sandwiches, ice cream, and beverages are served. Restaurants provide a variety of meals. Prices vary and tips of 10-15 per cent of the bill are expected.

If you wish to prepare your own meals, food can be bought most conveniently in self-service groceterias, where you select your purchases from the display shelves and pay for them at the cashier's desk.

Certain types of Canadian food may cause you some confusion. For example, a hamburger is made of ground beef, not ham; and a "hot dog" contains a sausage which may be made of pork or beef. If you do not recognize the name of a type of food, ask what it contains.

Mealtimes: Breakfast: usually 7 - 8 a.m. Lunch: between 12 and 2 p.m. Dinner: between 5:30 and 7 p.m. The evening meal is often called supper.

## (h) CLOTHES

You should inquire about the climate of the area where you will be living before you decide what clothes to bring with you. Students coming to Canada from warmer climates would be well-advised to wait until their arrival to buy winter clothing. In Canada students can often purchase clothing at a reduced price.

In general, casual clothes are worn at universities and colleges for lectures. During winter and fall or autumn months women students wear woollen dresses, suits, skirts with blouses or sweaters. In spring and summer, dresses or skirts with blouses are generally worn. Low-heeled shoes are suitable most of the time, with high heels for more formal wear. Wool hats or scarves are often worn during cold weather, and overshoes and heavy overcoats. Most Asian women wear their national dress every day, with a coat over it in cold weather. Men normally wear slacks and sports shirts or regular shirts and ties with sweaters or jackets. Neckties and jackets should always be worn to church, parties, and when visiting Canadian homes. A suit is appropriate for parties and dances. Men wear their national dress only on special occasions.

## (i) LAUNDRIES

Laundries for washing clothes can be located through the classified telephone directory. In some universities there are laundry facilities on the campus. The laundry will collect and deliver clothes, though it may sometimes be less expensive to take them into the shop yourself. The laundry list will show the charge for each article. Washing machines are often available in university residences.

There are also "laundromats", or coin laundries, in most cities. These are used by customers who bring their own laundry, put the clothes in a washing-machine, where they are washed, rinsed and partially dried, and then into a drier, which completes the process. The clothes will still require ironing. The normal charge is 25¢ for washing eight or nine pounds of clothes, and 10¢ for drying.

There are many dry-cleaning shops where you can take clothes which cannot be washed, such as women's woollen dresses and men's suits. The charge will be about \$1.25 - 1.75 for a suit or dress.

## (j) BARBERS AND BEAUTY PARLOURS

Barbers have a separate price for each item of service, indicated on a schedule posted in the shop. A hair-cut usually costs about \$1.50. Beauty parlours vary in price for services, including shampoos, permanents, and manicures. A shampoo and set or finger wave costs \$2.50 to \$3.50. Tips of 10-15 per cent (minimum 25¢) are expected. Some barbers have had no experience

in cutting the hair of customers from countries in Africa, Asia and the West Indies and may refuse to cut your hair for this reason. If you have difficulty, ask other students to recommend a barber who can cut your hair.

## (k) POSTAL FACILITIES

Letters: The regular rate for letters within Canada is 5¢ (cents), and such letters are sent airmail when appropriate. For information about rates for letters to other countries, you should inquire at a post-office. Special airmail letter forms (aerogrammes) may be purchased for 10¢ and sent to any country. Every city has a main post-office downtown and a number of district post-offices. Stamps may be purchased in many drug stores and cigar stores. When changing your address, ask at the post-office for a change-of-address card, which will ensure that your mail will be re-addressed to your new address. Such cards are free. You may find it convenient to ask a university official to allow you to have your mail addressed in his care until you have found permanent lodgings.

Telephone: Directions on how to make a call are given in the front of the telephone directory and also on telephones in public booths. Public telephones are to be found in booths on the street, in some drug stores, cigar stores, hotels and restaurants. There is no charge for local calls from private telephones, or limit to the length of the call. The charge for long-distance calls is based on a three-minute call and is lower after 6 p.m. Special reduced rates after 9 p.m. are in operation in Ontario and Quebec. Calls can be made either person-to-person or station-to-station. For the latter, which is less expensive, you agree to speak with anyone who answers; in the former case, you specify the person with whom you wish to talk and you pay nothing if the operator fails to reach that person. It is very expensive to call persons in other countries and you should make certain what expenses will be involved before placing a call.

Telegrams: Within Canada, telegrams are sent over Canadian National and Canadian Pacific lines and can be handed in at railway stations, bus and airport terminals and hotels. If you telephone your message, the cost will be charged to the person whose telephone you use. The basic rate for a telegram within Canada is based on a 10-word message. Charges for night-letters and day-letters, which are cheaper, are based on a 50-word message. Charges for cables sent outside Canada are based on a fixed cost per word, including the address.

## (1) SOME SOCIAL CUSTOMS

Learning the customs of a people takes time, and most of these will have to be learned through association with Canadians. However, the following points may be useful for you to know at the start of your stay in Canada.

Most people in Canada attach much importance to punctuality. It is customary for invitations to be answered promptly, and for appointments to be kept. If you have promised to go to a home or to meet someone, you should do so at the agreed time, unless you send word that you cannot keep your appointment.

After receiving hospitality, it will be appreciated if you phone or send a "thank-you" note to your host or hostess. The Eastern custom of taking a gift when visiting a home for the first time is very gracious, but it is not necessary and could become expensive. It is quite proper to accept an invitation from someone you have never met if this has been arranged by a mutual acquaintance. Although the Thanksgiving and Christmas holidays have no significance for many overseas students, you should not feel that you are invading a family circle when invited to spend the holiday with friends. Guests in Canadian homes often offer to help with the dishes and overnight guests make their own beds.

In minor things it is good to conform to the customs of the people among whom you are living, but it is important to keep your own standard of values. For instance, if religious beliefs or personal preferences prevent you from eating certain foods or from drinking alcoholic beverages, you should not be embarrassed to explain this to your hostess.

In Canada relations between the sexes are quite informal. This freedom may sometimes be misinterpreted. For instance, if a man and woman share a seat on a train or bus they may talk with each other, but this should not be taken to indicate that either wishes to continue the chance acquaintance. Similarly, on campus, when men and women invite each other to join in various social activities, it need not imply sustained interest.

Most Canadians believe in equality between the sexes, but forms of courtesy in this country have traditionally given the women the preference. A woman goes through a door first, before the man who is escorting her. When a man and woman walk together, the man walks on the side nearest the street. A man usually rises when a woman enters a room, and takes off his hat when greeting women, and in homes.

# ORGANIZATIONS PROVIDING SERVICES TO STUDENTS FROM OTHER COUNTRIES

At almost all universities and colleges, certain faculty members are assigned to offer advice and help to students from other countries. In some cases there may be a foreign-students adviser, in others the student personnel officer, university counselling officer or university chaplain is responsible for your welfare. You should find out who holds this position as soon as possible after your arrival and arrange to visit him. You will find that he, and other university officials, will be anxious to welcome and to help you.

In Canada, the following organizations provide information and advice:

African Students Foundation, 341 Bloor Street West, Toronto 5, Canada. The Foundation provides Financial assistance to enable students from Africa to come to Canada to study.

Association of Universities and Colleges of Canada (Association des Universités et collèges canadiens), 75 Albert Street, Ottawa 4, Canada. The Association publishes a handbook on Canadian universities and colleges. General inquiries about Canadian universities may be addressed to the Association. The Association also administers the academic aspects of the Commonwealth Scholarship and Fellowship Plan.

Canadian Service for Overseas Students and Trainees (Service canadian pour les étudiants et les staglaires d'outre-mer), 338 Somerset Street West, Ottawa 4, Canada. Cable address: CÁNSERV, Ottawa.

Canadian Union of Students (Union canadienne des étudiants),
45 Rideau Street, Ottawa, Canada. The national union of students,
federating the student associations of most institutions of higher
learning. General inquiries about student life may be addressed
to CUS.

External Aid Office (Bureau de l'aide extérieure), 75 Albert Street, Ottawa 4, Canada. A government office which administers Canadian government-sponsored programmes under which students come to Canada for study, including the non-academic aspects of the Commonwealth Scholarship and Fellowship Plan.

Student Affairs Division, Office of the Commissioner for the West Indies, British Guiana and British Honduras, 1210 Sherbrooke Street West, Montreal 2, Quebec, Canada. This service of the Governments of the West Indies, British Guiana and British Honduras is intended to provide a wide range of assistance to nationals of these territories before arrival and during their stay in Canada as students.

World University Service of Canada (Entraide universitaire mondiale du Canada), 328 Adelaide Street West, Toronto 2B, Ontario, Canada. Sponsors student exchange both within and outside Canada. Has branches at most Canadian universities.

## APPENDIX I

#### HIGHER EDUCATION OUTSIDE THE UNIVERSITIES

In addition to universitios, colleges, and junior colleges (which offer one or two years of university work), other facilities for higher education in Canada include institutes of technology, hospital schools for hursing training, teacher-training institutions, and schools of art.

In Canada, technical studies leading to professional qualification are normally undertaken in a university. Institutes of technology, which are outside the universities, provide courses of one, two or three years, leading to qualification as a technician with semi-professional status. Information about institutes of technology may be obtained from the Vocational Training Branch, Department of Labour, Ottawa, Canada.

There are two types of nursing school in Canada, those administered by hospitals and those associated with universities. In addition to the study of nursing, the university courses include some study of the humanities and sciences. Information about non-university nursing training may be obtained from the Canadian Nurses Association, 74 Stanley Avenue, Ottawa 2, Canada.

Teacher training is available from provincially-operated normal schools and teachers' college, or through university faculties of education. Generally speaking, the elementary-school teacher must complete one year of post-high-school training at a teachers' college or normal school. Secondary-school teachers require a bachelor's degree and one year of professional teacher training, or a four or five year bachelor of education degree from a university. Information about non-university teacher-training courses may be obtained from the Canadian Education Association, 559 Jarvis Street, Toronto 5, Canada, or from the Canadian Teachers' Federation, 444 MacLaren Street, Ottawa 4, Canada.

Students should note that there is no national department of education in Canada to which inquiries can be addressed. General inquiries about non-university post-secondary education not mentioned above should be addressed to the Education Division, Dominion Bureau of Statistics, Ottawa, Canada.

## APPENDIX II

#### GLOSSARY OF ACADEMIC TERMS

ACCREDITATION. System by which a university or college is approved by a recognized agency or association. More often used in the United States than in Canada.

- AFFILTATED COLLEGE. A college or university which is administratively independent but whose academic affairs are governed by the senate of the university with which it is associated. Instruction is given by the college, but degrees are awarded by the university.
- ASSISTANTSHIP. An award, usually to a graduate student, in return for which part-time instructional service is to be given.
- BACHELOR'S DEGREE. The first degree awarded by a university, generally after three or four years of study.
- BURSARY. A monetary award to assist a student in the pursuit of his studies, based on financial need and satisfactory academic achievement.
- CALENDAR. An official publication of a university or college, listing courses, admission requirements, and general information. Available from the university registrar.
- CAMPUS. University buildings and the site on which they are located.
- CLASSICAL COLLEGE. A college which offers an eight-year course of studies in arts-four years at the secondary and four years at university level. Affiliated to a university which grants the degree.
- CO-EDUCATIONAL. Refers to a university or college which admits both men and women.
- COLLEGE. An institution of post-secondary education, which usually has only one faculty. It may award a first degree, but is more likely to be affiliated to a university by which degrees are conferred on its students.
- CONSTITUENT COLLEGE. A college which is a constituent part of a university, governed by the university administration and sharing the university's budget.
- COURS COLLEGIAL. Final four years of eight-year classical college programme.
- COURSE. A programme of study at university leading to a degree, or diploma.
- CREDIT. When a student, on admission to a university, is given credit for a university subject, he is exempted from it, and the number of subjects required for the degree is thus reduced. This word is also used to indicate a unit of study that has been completed and may be counted toward a degree.
- DEGREE. A title bestowed by a college or university as official recognition that a student has satisfactorily completed a prescribed course of studies.

- DEPARTMENT. A subdivision of a faculty or school, usually devoted to a single discipline, e.g. history.
- DOCTOR'S DEGREE. The highest degree conferred by a university to students who have pursued graduate study in a special field, usually for at least three years beyond the bachelor's degree.
- FACULTY. Most university teaching is organized in a group of faculties, e.g. arts, law, medicine. Occasionally the word "college" is used in this way. The word "faculty" is used also to mean the teaching staff.
- FEDERATED COILEGE OR UNIVERSITY. An institution which holds its degree-conferring powers (usually with the exception of those in theology) in abeyance during the term of federation with another university, during which time the working relation between the two institutions is much the same as between an affiliated college and its parent university.
- FEE. A general or specific charge to the student.
- FELLOWSHIP. Similar to a scholarship, but usually for graduate studies and research. Sometimes some teaching service is expected of the recipient.
- FIRST YEAR, SECOND YEAR, ETC., OF COURGE. Counting from the minimum level of admission.
- FRESHMEN. A student in his first year of university.
- GENERAL COURSE. An unspecialized university course, leading to a bachelor's degree.
- GRADE. Rating or evaluation of a student's work.
- GRADUATE STUDENT. One working towards a higher degree or diploma.
- HOWOURS COURSE. A specialized university course, sometimes of the same length as the general course, more often one year longer.
- INSTITUTE. Usually a subdivision of a faculty or school, or a grouping of disciplines in more than one faculty or school, e.g. northern studies. Sometimes the equivalent of a school or faculty.
- JUNIOR. A student in his third year of a four-year course at university.
- JUNIOR COLLEGE. A college which ordinarily gives instruction to within two years of a first degree.
- JUNIOR MATRICULATION. Eligibility for admission to university at the lower of the two common levels of entry.
- LECTURE. A method of teaching by which the instructor gives an oral presentation of the material.

MASTER'S DECREE. The degree usually given to university students who have satisfactorily met the requirements of one or more years of work beyond the bachelor's degree.

ORDINARY COURSE. Same as "general course".

PASS COURSE. Same as "general course".

POST-GRADUATE STUDENT. One working towards a higher degree or diploma.

REGISTRATION. The act of enrolling for the year at university.

RESIDENCE. A building used as living quarters for students.

SCHOLARSHIP. A monetary award to assist a student in the pursuit of his studies, based on outstanding academic achievement but usually not on financial need.

SCHOOL. Usually a subdivision of a faculty. Sometimes used in the same way as the word "faculty".

SEMESTER. See "term".

SEMINAR. A form of class organization in which a group of advanced students meet under the general direction of one or more staff members of the college or university for discussion of topics related to their studies.

SENTOR. A student in his fourth or final year of a first-degree course at university.

SENIOR MATRICULATION. Eligibility for admission to university at the higher of the two common levels of entry.

SESSION. The academic year -- consisting usually of two terms.

SOPHOMORE. A student in his second year of a four-year course at university.

SUBJECT. A division or field of study, such as English or mathematics.

TERM. A period of time during which a university or college is open for instruction. The academic year in Canada runs from September to the following April or May and is usually divided into two terms.

TRANSCRIPT. An official record of all subjects taken by a student at university, showing the final grade received for each and a summary of his standing upon completion of his studies.

UNIVERSITY. An institution of post-secondary education, professional training, and research, which awards first and advanced degrees in two or more faculties.

# APPENDIX III

# TABLE OF EXCHANGE RATES

June 15, 1965

| Country                          | Monetary<br>Unit | Present<br>Value in<br>Canadian<br>Dollar | Country          | Monetary<br>Unit | Present<br>Value in<br>Canadian<br>Dollar |
|----------------------------------|------------------|---|------------------|------------------|---|
|                                  | :                | : \$                                      |                  | :                | \$  |
| Argentina                        | Peso Free        | •007                                      | Lebanon          | Pound            | . 35                                      |
| Australia                        | Pound            | 2.420                                     | Malaysia         | Dollar           | •35                                       |
| Austria                          | Schilling        | .043                                      | Mexico           | Peso             | .086                                      |
| Belgium &<br>Luxembourg          | Franc            | .0218                                     | Morocco          | Dirham           | .215                                      |
| Brazil                           | : Cruzeiro Free  | •0006                                     | Netherlands      | Florin           | .30                                       |
| Britain                          | Pound            | 3.02                                      | New Zealand      | Pound            | 3.01                                      |
| Ceylon                           | *                | 227                                       | Nigeria          | Pound            | 3.02                                      |
| Chile                            | Rupee:           | :   | Norway           | Krone            | .151                                      |
|                                  | : Escudo Bank    | .35                                       | Pakistan         | Rupee            | .227                                      |
| Colombia                         | : Peso Cert<br>: | .12                                       | Panama           | :<br>:Balboa     | 1.08                                      |
| Cuba                             | : Peso           | : 1.08 :                                  | Paraguay         | :<br>:Guarani    | .008                                      |
| Denmark                          | : Krone          | .156 :                                    | Philippines      | Peso             | ***                                       |
| Dominican<br>Republic            | Peso             | 1.08                                      | Portugal &       | Free             | .28                                       |
| Finland                          | : Markka         | . 33                                      | Colonies         | Escudo           | .038                                      |
| •                                | · Marka          | : •00 :                                   | South Africa     | Rand             | 1.51                                      |
| France, Monaco<br>& North Africa | New Franc        | .22                                       | Spain & Colonies | :<br>:Peseta     | 18  |
| French Colonies Africa           | Franc C.F.A.     | .004                                      | Sweden           | Krona            | .209                                      |
| Germany                          | Deutsche Mark    | .27                                       | Switzerland      | Franc            | .249                                      |
| Ghana                            | Pound            | 3.0277                                    | Thailand         | :<br>Baht        | .052                                      |
| Greece                           | Drachma          | .036                                      | Tunisia          | :<br>:Dinar      | 1.01                                      |

| Country   | Monetary<br>Unit | Present<br>Value in<br>Canadian<br>Dollar | Country                           | Monetary V<br>Unit C | resent<br>alue in<br>anadian<br>ollar |
|-----------|------------------|---|-----------------------------------|----------------------|---------------------------------------|
|           | :                | \$  |                                   | : :                  | \$                                    |
| Haiti     | : Gourde         | .216                                      | Turkey                            | Lira                 | .119                                  |
| Honduras  | :<br>Lempira     | .54                                       | United Arab                       |                      |                                       |
| Hong Kong | Dollar           | .189                                      | Republic                          | :Pound :             | 2.49                                  |
| India     | : Rupee          | .2274                                     |                                   |                      | n-                                    |
| Ireland   | : Pound          | 3.02                                      | States                            | :Dollar              | 1.08                                  |
| Israel    | : Pound          | . 36                                      | U.S.S.R.                          | :Rouble              | 1.23                                  |
| Italy     | Lira             | .0017                                     | Venezuela                         | :<br>:Bolivar :      | .246                                  |
| Jamaica   | : Pound          | 3.02                                      | West Indies                       |                      |                                       |
| Japan     | : Yen            | .003                                      | Federation<br>(except<br>Jamaica) | :<br>Dollar          | .63                                   |
|           |                  |   | Yugoslavia                        | Dinar                | .001                                  |

## APPENDIX IV

## REFERENCES

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